

QUICK TRANSITIONS

The monthly newsletter of the Buffalo Triathlon Club, Inc.

January 2000 *Swim/Bike/Run/Swim/Bike/Run/Swim/Bike/Run/Transition* Issue No. 15

BTC Web Site: www.pce.net/jmpepke

BTC e-mail: dolphinkik@aol.com

November BTC Meeting: Monday, 1/03/00, 8:00 P.M. at Molly's Pub, Main and Winspear in Buffalo, New York.

CLUB/Tri-Wold RECAP

Uniforms: DeSoto clothing and pricing was included last month's newsletter. Richard Clark (297-0574) would like you to send your order to him, in writing along with a check made payable to Richard J. Clark. Orders must include product number, quantity of each, color and size, along with the total plus \$5.00 for shipping and handling. The order deadline is Tuesday, February 8, 2000.

End of Season Social: January 22, 2000, at the Airport Holiday Inn at 6:00. Please get your checks for \$27.00 in to Jack Gorski at 156 Holywood Avenue, Buffalo, NY 14220, as soon as possible (January 8th deadline).

Membership Dues: Dues are due by January 31, 2000. Full Active Member \$25.00, Family Membership \$35.00, Associate Member \$15.00, and Junior Member \$15.00. Dues should be sent to Robert Giardini at 15 Ranch Trail Court, Orchard Park 14127. If nothing else, the monthly race/events calendar is worth the price of the dues.

BTC Swimming: Ed Harke and Dana White have set Saturday, January 15, 2000 @ 11:00 A.M., as the date for the "Hour Swim for Distance" race at UB. Contrary to last news letter's statement, you apparently don't have to join U.S. Masters to do the swim, and it's free if you are a BTC member (what a member's benefit!). Contact Ed at dolphinkik@aol.com or at 731-9553 for more information, or take a look at the news letter insert.

BTC Goes Curling: The idea of trying curling has been well received by the BTC. There are only 2 spots still available for the January 9, 2000 @ 11:00 A.M. outing to the St. Catherine's Golf and Country Club 905-682-8681 (70 Westchester Ave., QEW to 406 towards Welland, exit Westchester Ave in St. Catherine's). Call Glenn at 636-8364 for reservations, better directions or car pooling info. As this event will take place in a country club, there is a dress code: no jeans are allowed. But wear your sneakers for the actual curling part of it.

BTC January Club Event: Once again the BTC has chosen to make Mr. Ed's Super Bowl Warm-Up it's January Club event. The 5k running race on the toe path of the historic Erie Canal in Middleport, New York, has been a favorite of BTC members for the past 10 years (before there was even a BTC). The entire town comes out to support the race, and the post-race festivities are something to behold. Hopefully, there will be an application for the race enclosed in this news letter. If not, call Frank Pfeil at 433-7152 for an application.

BTC Officer Elections: All sitting officers unanimously retained their seats, without abstentions.

The Return of "Suffer-o-Rama": BTC President, Rich Clark, has again graciously offered to let us sweat and suffer down his basement on our wind trainers or rollers. A baby area will be provided. The date is January 16, with a 1:00 P.M. cycling start, so be there by 12:30 for set up, or maybe to go for a short pre-ride run.

Pudendal Nerve Injury Associated with Avid Bicycling: David B. Lillie, M.D., a participant in last year's Waterfront Tri, forwarded an article detailing a study on the subject. The text of the study may be obtained from your humble editor and Secretary, but the gist of it is as follows: Penile and perieal numbness and other sequela associated with avid bicycling may be common for men who maintain active lifestyles. Treatment consists of short-term cessation of bicycle riding, and because the problem is mechanical in nature, it may be resolved by enhancing the padding of the seat or pants, adjusting the saddle angle to either horizontal or upwards in front, adjusting the saddle height, choosing a more ergonomic saddle, and/or getting out of the saddle frequently during rides.

PowerButt's TOP 10 Most Awesome Things about Cycling, that you'll never forget: 10.

Teaching someone to shift properly, 9. Passing cars, 8. Not needing the last gear, 7. Regaining control at 30 MPH, 6. Sprinting past a yellow light, 5. Your first bonk, 4. 100 miles – finished, 3. Being able to finally grab your water bottle without looking down or catching your fingers in something nasty, 2. Your cycling tan and how cool it looks, 1. Turning your head to see the Hoad drafting off of you (a girl) during Guelph Lake II Triathlon 99, and then you pull away. (Editor's Note: According to PowerButt, this is a true story. Hoad naturally tells things a little differently. Barring injury or some other mishap, they'll settle it once and for all at IM Lake Placid this year).

January (And Beyond) BTC and Community Social/Athletic Calendar:

1/1/00 Village Glen Resolution Run 5k, @12 Noon, Williamsville, NY 633-1635.
1/1/00 New Years 3 Miler, @ 2 P.M., St. Catherine's, Ontario.
1/1/00 Resolution Run 5k, @11 A.M., Toronto, Ontario, 416-867-8887
1/1/00 Millenium Marathon, @ 8 A.M., Santa Rosa, CA, 707-528-1630 x 422.
1/3/99 First BTC Monthly Meeting of the Millenium at Molly's Pub at 8:00 P.M., Main & Winspear, Buffalo
1/9/00 Curling with the BTC, 11:00 AM. at the St. Katherine's Curling Club, St. Catherine's, Ontario Canada.
1/15/00 One Hour Swim Race at University of Buffalo, Amherst Campus @ 11:00 AM. Call Ed Harke at 731-9553.
1/16/00 Rich Clark's "Suffer-o-Rama" at 12:30 P.M. at 1310 99th Street, Niagara Falls, NY. 297-0574.
1/16/00 Frosty Three Miler, @ 12 Noon, Hamilton Ontario, 905-532-RUNN.
1/22/00 **BTC FIRST ANNUAL AWARDS BANQUET: Airport Holiday Inn, 6:00 P.M.**
1/24/00 4th Annual Penguin Run, 3 miles, 11 A.M., Amherst, New York 691-6000.
1/24/00 Robbie Burns 8K, 9:30 A.M., Burlington, Ontario, 905-335-7704
1/30/00 Mr. Ed's Super Bowl Warm-Up, 5k, 11:30 A.M., Middleport, New York. 433-7152. (BTC's January Event).

Ongoing BTC/Community Workouts:

Saturday Morning Ridge Runs: 8:00 AM at Chestnut Ridge Casino, Orchard Park
Saturday Morning Bond Lake Runs: 8:00 AM at Bond Lake, Niagara Falls.
Masters Swimming: Tues/Thurs @ 5:30-7 AM and Sat. 7:30-9 AM, UB Amherst Pool.
Rich Clark's "Suffer-o-Rama" Sunday 1/16 @12:30 P.M. 1310 99th Street, Niagara Falls. 297-0574.
(Training Tip for January: Plan your runs heading out into the wind, and coming back with the wind, that way as you start to sweat, you won't have the wind chilling your damp skin quite so much.)

Deadlines for "QT" Submissions: January 20, 1999. Mail/fax to Glenn Speller, at 6161 Transit Rd, Suite 2A, East Amherst, NY 14051(716)636-8392 or you can now email them to me at djspc@pcom.net.

January BTC Birthdays:

Welcome to new BTC MEMBER(S): Geoffrey R. Flickinger of Buffalo, New York

Message(s) from the Hoad: After again failing to qualify for IronMan at "The Triathlon Formerly known as..." in 1998, Glenn Speller took an oath that he wouldn't eat another Kellogg's Pop Tart until he qualified for IronMan. Well needless to say, Kellogg's stock has plummeted ever since, despite the fine efforts of John "I'm a Clydesdale - What of It?" Pepke. A new nutritional study shows that Glenn's (and John's) favorite, Frosted Brown Sugar Cinnamon, is a great source of carbs. Two (and who ever stops at just two) yummy toaster pastries deliver 422 calories, 68 grams of carbs and 14 grams of fat, which is only a bit higher than the 30% calories from fat recommendation you're always hearing about. So maybe Glenn should break his oath: after all, he was racing a lot better before he gave up Pop Tarts. Contact me if you want your apparel embroidered with the BTC and or USAT logos by Mary Workman's mother. Please give me a call at 694-7615

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The only limits are those that we set in our minds...